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RAPPER RICK ROSS TACKLES U.S. ELECTION ISSUES
LIKE A NATURAL-BORN POLITICO PAGE 10



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Monday, August 20, 2012



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SPLISH-SPLASH

About 1,000 people took part in the very first Dirty Donkey Mud Run — held just outside of Winnipeg to raise money for charity — including this man, who decided to go for a dip in the mud pit at the end of the obstacle course. See story on page 3, and more pictures online at metronews.ca. SHANE GIBSON/METRO

Osborne strip changes to start this week

Ch-ch-ch-changes.

Papa George's to close, demolition to begin for Shoppers

LAUREN PARSONS

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The demolition of the old Movie Village building and Vi-Ann restaurant to make room for the Shoppers Drug Mart expansion is slated for this week — marking the start of a major change to Osborne Village's landscape.

The expansion of Shoppers includes more space for the pharmacy, consultation rooms, a larger area for the post office, and a BeautyBoutique, said Tammy Smitham, spokesperson for Shoppers Drug Mart.

Across the street another Village hot spot, Papa George's,



The heart of Osborne Village will undergo changes this week as demolition begins on two buildings.

SHANE GIBSON/METRO

confirmed it will be closing its doors likely within the next six weeks. The Village may also be getting a new corporate neighbour, as Tim Hortons is rumoured to take over for the Starbucks in Safeway this fall.

"Unique and one-of-a-kind businesses are what make Osborne," said Dylan Jones, who

frequents the area regularly for food, drink, entertainment and shopping. "The moment we start to lose this uniqueness — it is then transformed into any other generic street complete with the usual corporate businesses."

However, one newer business on the strip feels that it has the right fit for the area.

"Smitten is a small business that is all about the people walking through the doors, and that's the kind of business that Osborne needs," said manager Leslie Zacharias. "I can relate to my customers, and I think that's important to those who shop in the Village."

Although change is not always welcome, one Osborne resident said she's not complaining.

"I like the balance of the Village the way it is now, but businesses will continue to move and change, and that's just the way it is," said Ashley Fraser.

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Runners get down and dirty to raise money for charity



Dirty Donkey Mud Run competitor Pam Miller didn't seem to mind having a bucket of mud thrown on her at the finish line of the gruelling five-kilometre race on Saturday. SHANE GIBSON/METRO

Muddy waters. Competitors soaked at Dirty Donkey Mud Run



SHANE GIBSON
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Those looking for some good clean fun at the first annual Dirty Donkey Mud Run got only half of what they came for.

If competitors at Saturday's event at Springhill Winter Park and Oasis Resort were somehow able to get through the five-kilometre run and its 14 obstacles — including a dumpster filled with muddy water — and remain clean, a crawl under barbed wire in a mud bath at the end of the race ensured everybody was unrecognizably dirty as they crossed the finish line.

"Everyone wants to go back to their childhood — your mom told you not to get dirty — but you don't have to listen to your mom anymore," laughed John Ford, one of the owners of Swamp Donkey Adventure Racing, which organized the event as a bene-

fit for the Multiple Sclerosis Society of Manitoba. "It's five kilometres of sheer hell ... and people are here for a good time."

The event attracted 1,200 participants, some racing alone and others as part of a team. Many were dressed in costumes, and having fun and getting dirty seemed to be the top priority for everyone.

"I was rolling around in the mud like a dirty old pig," said Pam Miller, covered from head to toe with mud at the finish line.

Miller, along with her team of friends, came dressed as an escaped prisoner and didn't mind having a lot of laundry to do when she got home.

"It was awesome — I didn't even want to get out of the mud pit," she laughed, while trying to get mud out from under her contact lenses. "I'd do it again in a heartbeat."

Runners raised more than \$10,000 in pledges alone for the MS Society of Manitoba, and a portion of everyone's registration fee also went to the organization.

"It's been very successful," Ford said. "We'll definitely be doing this every year."

Transcona condos are what 'I love to see': Mayor

The centennial party in Transcona "just keeps going" with the construction of a 72-unit condominium that will provide much-needed infill housing, Mayor Sam Katz says.

Katz, who was joined by MP Lawrence Toet (Elmwood-Transcona) for the sod-turning ceremony on Friday, said the complex will transform an industrial yard into "good-looking multifamily units."

"It's infill housing in Transcona, right within an existing neighbourhood, close to all the amenities. This is what, as a mayor, I love to see," he said.

"We want to take as much land as we can that we define as infill and turn it into these kinds of projects, and we're seeing more and more of this."

Matthew Yan, sales manager of builder A&S Homes, said every condo has a balcony and comes with a detached garage.

Toet said he grew up about 200 metres from where the complex will be built and thinks it will be a great option for seniors who want to stay in Transcona yet remain independent.

BERNICE PONTANILLA/METRO

Home sweet home

- The complex will consist of 12 buildings with six condos each. At least 18 condos are expected to be ready next year.
- Two sizes of three-bedroom condos will be available: The Winona suites are 1,668 square feet and the Palma suites are 1,456 square feet.
- Go to parkcitycondos.ca to learn more.



From left, Bill Thiessen of Re/Max, MP Lawrence Toet, Mayor Sam Katz and Vince Spezzano and Matthew Yan of A&S Homes turn sod for a new condo complex in Transcona. BERNICE PONTANILLA/METRO

Mobile news



Quebec politicians squared off for the first time on Sunday in the lead-up to the upcoming provincial election. Scan the code to find out about the night's highlights.

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Breastfeeding dad has leadership ambitions nipped in the bud

La Leche League.

Organization turns down transgender dad's request to head a group

Trevor MacDonald, a slim man with short, silky, dark-brown hair and a radiant smile sandwiched between a wispy moustache and goatee, sits bare-chested in a leafy Toronto garden, his infant son sucking gently on

his tiny left breast.

In the photo, shot on a recent visit to the city, the Winnipeg resident blissfully cradles the boy, contentment visible in his soft features.

This is a proud papa breastfeeding his 16-month-old child, just as he has done many times before.

MacDonald, a 27-year-old stay-at-home parent, loves fatherhood and, as a transgender man, identifies as a dad. And he loves breast-



Breastfeeding father Trevor MacDonald. CONTRIBUTED

feeding, owing his confidence and comfort nursing to his La Leche League Canada (LLLC) motherhood support group in Winnipeg.

In early June MacDonald wrote a letter to LLLC asking what it would take to become a group leader. He wanted to coach LGBT people and those who struggle to breastfeed after chest surgery. LLLC rejected the request, saying a man can't lead in the group.

"First and foremost I identify as a parent," MacDonald

said. "I suppose I use the term (fatherhood) because it's what we have going in our society, not because I think it's fantastic or I think it's really accurate."

(On his blog, he uses "MacDonald" as a pseudonym to protect his family's identity. He calls his son "Jacob" and partner "Ian.")

Fiona Audy, chair of the board of directors at LLLC, refused to discuss organization policy. But the group's decision was not based on

Issue transcends gender

"When people have babies, well, you got to feed the baby. Trans parents and trans fathers want the same opportunities to do that."

Mary Lynne Biener, a Toronto lactation consultant

gender, she said.
TORSTAR NEWS SERVICE



Remembering those who died at Dieppe, 70 years on

Veterans, from left, Fred Engelbrecht, 92, Arthur Rossel, 92, Roy Wozniak, 93, Russ Burrows, 93, and David Lloyd Hart, 95, are seen during the commemorations Sunday to honour Allied soldiers killed 70 years ago in a failed Second World War invasion in Dieppe, northern France. Some 1,400 soldiers were killed in "Operation Jubilee" when the Allies tried to briefly invade Dieppe to test German defences. MICHEL SPINGLER/THE ASSOCIATED PRESS

Missouri. Republican Senate candidate questions whether pregnancy can result from sexual assault

Todd Akin, Missouri's Republican Senate candidate, has questioned whether women can become pregnant when they're raped.

Akin said in an interview with St. Louis television station KTVI released Sunday that pregnancy from rape is "really rare." A video of the interview is posted on the station's website.

Akin has said he opposes most abortions, and said in the interview that if a woman is raped, her body "has ways to shut that whole thing down."

Akin has served six terms and has said he's Missouri's most conservative congressman. He's running against Democratic Sen. Claire McCaskill.

McCaskill's campaign said Sunday that "Akin's record is riddled with policies and votes that hurt women."

Akin said Sunday the punishment for rape should be focused on the rapist and not "attacking the child."

Akin was interviewed on KTVI's The Jaco Report, and also talked about numerous campaign issues such as voter ID laws, the economy and Medicare.

The interview was conducted earlier in the week.

Akin spokesman Steve Taylor declined to comment Sunday, saying he had not yet seen the interview. McCaskill, who is seeking a second term, said she found the comments "offensive."

THE ASSOCIATED PRESS

Aleppo, Syria. Battle with anti-Assad rebels slows for Muslim holiday

A brief lull in fighting for a Muslim holiday Sunday allowed residents of Aleppo to take stock of their losses after three weeks of intense battles left many in Syria's largest city strapped for cash, separated from loved ones and scared of more violence ahead.

In the capital Damascus, President Bashar Assad prayed at a mosque in his first appearance in public since a bomb attack killed four of his top security advisers on July 18.

Thousands across the country marched against

Assad in mosques and cemeteries after special dawn prayers marking the start of the three-day Eid al-Fitr holiday, which caps the holy month of Ramadan. The holiday — usually a joyful time to remember the dead, dress up in new clothes and visit family — followed a particularly bloody Ramadan when fighting erupted in Syria's two largest cities, bringing large civilian populations under fire and causing a spike in the death toll.

The government has still not managed to defeat the rebels. THE ASSOCIATED PRESS

Middle East

Jordanian child wounded by Syrian rockets

Jordan's information minister says four Syrian rockets have fallen on a northern Jordanian border town, wounding a four-year-old girl.

The Jordanian girl was treated for shrapnel wounds and then released from hospital.

THE ASSOCIATED PRESS

Mars mission

Curiosity lasers a rock on Mars

NASA's Curiosity rover has zapped its first Martian rock, aiming its laser for the sake of science.

During the target practice on Sunday, Curiosity fired 30 pulses at a nearby rock over a 10-second window, burning a small hole. Since landing in the Gale Crater the rover has been checking instruments. THE ASSOCIATED PRESS

Alleged militants

U.S. drones kill 10 in Pakistan

American drones fired a flurry of missiles in a Pakistani tribal area Sunday, killing a total of 10 suspected militants, officials said.

In the strike, missiles hit two vehicles near the Afghan border, killing seven. Later, missiles destroyed a home, killing three people.

THE ASSOCIATED PRESS

Russia

Suicide bomber kills seven

A suicide bomber blew himself up as cops in southern Russia gathered Sunday for the funeral of a slain colleague. The blast killed at least seven police and badly wounding 12 others.

The funeral was for an officer who had been shot dead by militants in Ingushetia.

THE ASSOCIATED PRESS

Northern Gateway. Info lacking in pipeline risk-assessment research

While Prime Minister Stephen Harper says the fate of Enbridge's proposed pipeline from the Alberta oilsands to tankers on the British Columbia coast will be based on science and not politics, documents show some of that science isn't forthcoming.

And critics say there is no time for the science to be completed before a federal deadline for the environmental assessment currently underway.

Documents filed with the National Energy Board show the environmental review panel studying the Northern Gateway project asked Fisheries and Oceans Canada for risk assessments for the bodies of water the proposed pipeline will cross. The pipeline is to traverse nearly 1,000 streams and rivers in the up-

per Fraser, Skeena and Kitimat watersheds.

The department didn't have them.

"As DFO has not conducted a complete review of all proposed crossings, we are unable to submit a comprehensive list as requested; however, this work will continue and, should the project be approved, our review will continue into the regulatory permitting phase," DFO wrote in a five-page letter dated June 6.

All but five of B.C.'s fisheries field offices will be cut as part of a \$79-million — 5.8 per cent — cut to the department's operational budget, including the offices in Prince George and Smithers that would have had the lead in monitoring pipeline effects.

THE CANADIAN PRESS

Labour. Zellers workers fail to benefit from Target takeover deal

Angela Rankin knows exactly how much Target paid Zellers for the leases to 220 stores across Canada.

It wasn't a billion. It was \$1.8 billion — \$1.825 billion, to be more precise.

Rankin was let go on July 28 from a Zellers in Toronto after 13 years, with nothing more than the legally mandated severance pay her employers were required to give.

"I don't know what they're thinking. I don't know where their mind is. It's greediness," says Rankin, 50, a mother of one who helps support cousins in Jamaica.

Rankin will speak at a demonstration led by the United Food and Commercial Workers Union on Wednesday in front of Target's Canadian headquarters in Mississauga, Ont.

Target posted earnings



Former Zellers employee Angela Rankin. TORSTAR NEWS SERVICE

Wednesday of \$704 million US, or \$1.06 per share, in the period ended July 30. Overall revenue rose 3.5 per cent to \$16.45 billion in the quarter. Revenue at stores open at least a year rose 3.1 per cent.

The chain will open its first stores in Canada in 2013.

TORSTAR NEWS SERVICE



Two girls sit on a lakeside dock, about 200 metres from the collapsed Algo Centre Mall, in Elliot Lake, Ont. The town of 13,500 is more than two hours from Sudbury, the nearest city, making it difficult for many residents to get to stores now that their local mall is gone. COLIN PERKEL/THE CANADIAN PRESS FILE

Elliot Lake braces for winter without mall

Big loss. For the small Ontario town, the Algo Centre Mall was far more than just a shopping centre

The days are still long and warm but winter is on the minds of many residents of Elliot Lake, a community nestled among the rugged beauty of rocks, forests and lakes of northern Ontario — known now across Canada as the town whose mall collapsed.

Now the remains of the Algo Centre Mall stand as mute evidence of the June disaster that has robbed the town of its main gathering place.

"People have nowhere to go — that was their favour-

ite place to be," said Melanie Lafontaine, who works just down the road. "They liked to hang out there in the mall. That's just how people were."

It's a refrain heard across the town of about 13,500 people as they try to come to grips with the loss of a building that was so much more than just another shopping centre.

The mall provided warmth in winter, cooling in summer. A spot to socialize, have a coffee, get some exercise, and shop, all in one place. Sixty per cent of the town's retail space was in the mall — 18 stores, nine government offices, and the library. All gone.

Many residents are on fixed income, unable to drive or bear the cost of getting to other communities to shop.

Sudbury, the nearest city, is more than two hours away.

Winter is already being felt as parents prepare to send children back to school. But with the disappearance of retailers like Zellers and Dollarama, there's no longer a handy place to buy necessary gear like warm hats and mittens.

Capt. Pamela Stanger, with the Salvation Army, said she's already seen an increase in need for both the drop-in centre and thrift store the organization runs.

The mall, she said, was a place to congregate and exercise daily, especially in winter when temperatures plummet and snowdrifts rise.

"They need a place where they can afford to go to hang out," she said.

THE CANADIAN PRESS

Judicial inquiry

- Last week, judicial inquiry commissioner Paul Belanger and his lawyers spent several days listening to residents' concerns about what happened and what's to come.

- The inquiry into the collapse and the emergency response is due to begin formal hearings likely in January.

- One of the lawyers, Bruce Carr-Harris, said the probe should offer some comfort to the community — at least by answering questions people have about a tragedy that has become so personal.

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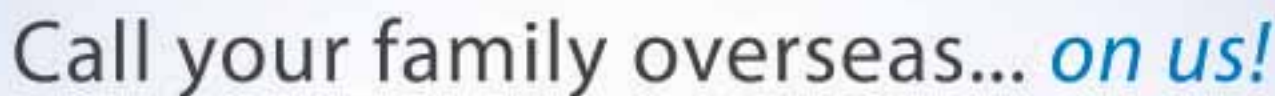


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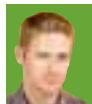
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yet life in downtown Winnipeg can sometimes be a bit lonely if you're looking to borrow a cup of sugar from someone.

There's no community centre, central green space or main gathering point for local residents, and with so many commuters popping in and out of the area on a daily basis, it's hard to know who lives there versus those who is just visiting.

Developing a true sense of community is one of the main goals behind the fledgling Downtown Community Residents' Association (DCRA), which formed recently to serve residents in the area bordered by Portage Avenue, Main Street, the Assiniboine River and Memorial Boulevard.

"Someone at our last meeting said, 'Downtown residents are the people who are left after everyone else leaves.' So whatever happens during the day, with all the hustle and bustle, in the evening we're the folks who remain here and understand the issues in a way that's more real than just walking by them during the day."

Downtown Community Residents' Association organizer David Jacks

It's home to some of the most densely populated blocks in the city, dozens of restaurants and clubs, and many of our most prominent cultural institutions,

There's no real way for us to get to know our neighbours and talk about the issues that are affecting the area," explains organizer David Jacks. "Yet downtown is one of the most rapidly changing parts of the city in terms of development and demographics. So a few of us who live here decided to get together to talk about how to build a community organization for our neighbourhood."

The DCRA has been holding informal get-togethers at local coffee shops over the past few weeks, but over the long term it hopes to become a significant voice in discussions about the future of downtown.

While the group wants to work closely with organizations like the Downtown BIZ and CentreVenture, Jacks points out that full-time residents can bring a different perspective to the issues.

"Someone at our last meeting said, 'Downtown residents are the people who are left after everyone else leaves.' So whatever happens during the day, with all the hustle and bustle, in the evening we're the folks who remain here and understand the issues in a way that's more real than just walking by them during the day," he says.

The DCRA also wants to encourage neighbours to engage with each other through organized events, so it will be making an appearance at the Manyfest festival in September, and has already had conversations with the Downtown BIZ about a future street-hockey tournament on top of an area parkade. Jacks says sports and recreation events will be a particular focus given the lack of these activities in the area.

The next meeting of the Downtown Community Residents' Association is tonight at 6:30 p.m. at the Starbucks on Broadway, and is open to anyone who is interested. See downtowncommunity.wordpress.com for more information about the group.

Curiosity rover landing

What time is it, NASA engineer? Mars o'clock

One California family of five is learning what it's like to live on "Mars time" this summer.

NASA flight engineer David Oh had to switch to Martian time after the rover Curiosity landed on Mars earlier this month. His wife and three children decided to tag along to see what it is like.

A day on Mars is about 40 minutes longer than an Earth day, so they've been waking up, sleeping and eating at odd hours. One day last week breakfast was at 3 p.m.

Every mission to Mars, hundreds of NASA scientists and engineers at the Jet Propulsion Laboratory make the time change for three months. But it's unusual for an entire family to join in. The kids will be on Mars time for about a month.

THE ASSOCIATED PRESS

Seeds? Check. Grass? Check



GETTY IMAGES

Checkerboard? Check

The manicure

Aristocrat's lawn gets a makeover

Artist Caroline Wright and 100 volunteers created this checkerboard design in the garden of English heritage mansion Ham House.

It was done with only hairdressing scissors to recreate the careful conditioning of the 17th century, when the house employed several lawn artists. It is part of the Garden of Reason season, promoting outdoor art.

METRO

Artist's view



"It was hard work — we used two boxes of plasters."

But because of the team spirit it went to plan."

Caroline Wright, British artist and project leader. Wright specializes in "performance archaeology," using historic or unique sites and adding a touch of the surreal or fantastic.

Great landscape art

• **Conwy Valley.** The world's largest hedge maze in North Wales, covering two acres with intricate designs and the world's rarest tree.

• **Zhuo Zheng Yuan.** From the Ming Dynasty, this World Heritage site is among the finest gardens in China, featuring islands and Myrtle trees.

• **Missouri Botanical Garden.** Stunning plant combinations and flower beds in this site.

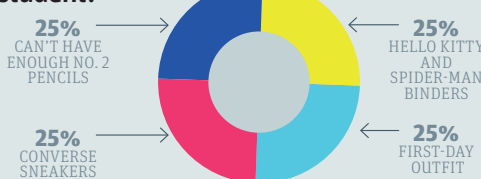


17th-century Ham House is the inspiration for a summer-long art exhibit. GETTY IMAGES



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What back-to-school item would you buy regardless of whether or not you are a student?



Twitter

@hrajag2: Police in Winnipeg catch a man finally after robbing the same bank 4 times in nine months... really? It takes u dat long to arrest him.

@tarynmom: Downtown Winnipeg: where you pass an adult male on the sidewalk wearing Guitar Hero pajamas.

@shayharder:

Dear people of Winnipeg, why the heck do you get up this early. Sincerely, half dead and very annoyed with your car noises.

@mignonneluique: If you are not a good rapper dont call yourself Lil' or Big...

@mrestyle: The new styles and fabrics in men's underwear are getting closer and closer to panties.



Premium Rush opens on Friday. HANDOUT

Stars get genuine Rush out of making bike film

Dangerous shoots. Joseph Gordon-Levitt and Dania Ramirez talk about the perils of playing bicycle messengers in NYC

NED
EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt and Dania Ramirez got a hell of a workout and a detailed tour of New York City making Premium Rush, in which they play fast-moving bike messengers. Metro sat down with the stars

to talk about filming in the city and how dangerous even pretending to be a bike messenger can be — and to nitpick some geographical inconsistencies in the film.

Joe, you actually went through a cab's windshield while filming. Were there any other particularly close calls or dangerous moments for either of you?

Dania Ramirez: There was one time where I had to do a take where I had to jump the curb to get back on the sidewalk, and this UPS truck just decided to come pull out of nowhere right in front of me, and I had to turn my bike and skid and the whole nine. Every single day we

filmed the movie, it was always in the back of my mind. "I hope I don't fall today." Because I fell so many times (laughs).

It can be tricky making a movie in New York, worrying about continuity issues when you turn corners.

Joseph Gordon-Levitt: Actually, the movie's really good about that. It's pretty accurate... I'm trying to think if there were any.

Well, the 1 Train doesn't actually go above ground south of Columbia University.

JGL: And he would be going south. That's right, that's right. We did. You're totally right. We shot that chase scene up

in, like, the high 130s. But it looked awesome. I guess I wasn't worried about that. I just got done shooting a movie where Gotham City is made up of L.A., Pittsburgh, New York and parts of outside London. So to me if it's seamless in the movie, it doesn't bother me.

How was the experience of shooting on campus at Columbia, your alma mater?

JGL: It was a trip, man, because we shot in 2010, which is basically exactly 10 years after I arrived as a freshman and was living in (the dorm) John Jay, so yeah. It's just a bizarre thing to make it back 10 years later. It was the first time I had shot on campus.

In what parts of the city were you particularly excited to film?

DR: I was looking forward to riding around Chinatown. I just think on film it's so interesting to watch that part of the city.

JGL: I liked shooting uptown, actually, even if it might be a little inconsistent (laughs). Because just that part of town is maybe a little lesser known, and it is so pretty — maybe not pretty in the sense of peaceful or whatever, but it's a really visually striking part of town with the train up there. And it's a part of town that I spent a fair amount of time in because I went to school up there.

metr

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2 SCENE

On the web



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performances at U.K.'s V
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Jonas Brothers

Brothers reuniting

After three years of pursuing solo projects, the Jonas Brothers are getting back together — for one night at least. The three brothers will be hitting New York's Radio City Music Hall on October 11 in the midst of work on their first album in nearly four years, according to *Us Weekly*. "We know it's time to come back and do another album," eldest brother Kevin Jonas says. "It's time. We need to be back on the road together."



Robert Downey Jr.

Production on hold after injury

Production on *Iron Man 3* has halted after the franchise's star, Robert Downey Jr., was injured on set, Marvel Studios confirms in a statement. "Robert Downey Jr. sustained an ankle injury on the set of *Iron Man 3* in Wilmington, N.C., while performing a stunt," the statement reads. "There will be a short delay in the production schedule while he recuperates. There's no word on how much the delay will cost the production."



Robert Pattinson

Stay away, Pattinson friends say

While it's unclear how Robert Pattinson will proceed with his relationship with Kristen Stewart after her infidelity came to light last month, his friends reportedly think he should dump her, according to *Us Weekly*. Pals of Pattinson — including Sienna Miller and Tom Sturridge — have been "begging Rob to end it for good," a source tells the magazine. "They think she will hurt Rob again."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rick Ross for prez? Why not

The election cycle tends to bring out the usual celebrities touting their causes and endorsements, from Brad Pitt and Angelina Jolie (the legalization of gay marriage) to Kid Rock (something indiscernible about freedom and 'merica).

We're not sure what it says about us, you or shining seas, but Rick Ross' rundown of the heavy-hitter issues in Rolling Stone is about as well-reasoned and coherent as you'll hear in any debate:

On the medicinal properties of marijuana

"I call it green caviar. It's

like a short vacation — it helps me chill out. And people really love it when I chill out, because I can really be a d—head."

On gun control

"I think we all have a right to bear arms, whichever amendment that is."

On the place of religion in schools

"They wanted me to learn the Ten Commandments. I told them I didn't really have time for that right now."

On gay marriage and free speech

"Chick-fil-A obviously took their stand. That's their right — the same way the pro-gay people are taking their stand. I believe everybody got the right to live their own life the way they want to."

Twitter



@ElizabethBanks

Had my first in-depth Honey Boo Boo conversation tonight at dinner. Feeling very pop culture-y/time waste-y.



@SamuelJackson

Interview tips: enunciate, conjugate & less "you know", ya know? Cause We don't! Thanks.



@twhiddleston

To those whom I met, with whom I worked, and by whom I was given a life-time's supply of chocolate in Köln this summer: thank you & so long.



@sethmeyers21

"Based on a True Story" on a movie poster basically just means "has people in it."

My daughter, 4, still wants the stroller. Is that odd?

Debate. I don't care if it's considered too old, says our Mommyish writer, who says it's easier for her child

LINDSAY CROSS
mommyish.com

There are a lot of people who don't like strollers. They're big. They get in the way of everything. They are impossible to manoeuvre through a doorway without assistance. They're expensive for no real reason. Man, strollers suck. But I still use one on day trips with my four-year-old.

First, I guess I should backtrack on strollers sucking. It's really not that the strollers themselves are to blame. There are people with strollers who suck. There are actually people everywhere who suck, whether they're pushing around a child in a carriage-like contraption or not.

You just notice that the people with strollers suck more because they're easier to pick out of a crowd. What with their behemoth of a baby-cart and all. But believe it or not, there are other kinds of people out there pushing strollers.

Although plenty of people wonder why I still use a stroller or wagon at all. My daughter is four years old. She can walk just fine. She probably runs faster than I do, no matter how little those legs are. Shouldn't she be able to walk on her own?

I've gotten plenty of looks when I whip out the stroller for a longer zoo trip or a big day of shopping. Amusement parks,



How old is too old for a stroller? ISTOCK IMAGES

fairs and festivals are all appropriate times for me to lug out my stroller, but some question why it's necessary.

The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well.

A four-year-old can obviously walk around on her own. She can even walk around for hours on end when the situation calls for it. We go hiking and she walks miles with no problem. So if she really needed to walk around the zoo all day long, I'm sure she could.

However, when we have

Quoted

"The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well."

Author Lindsay Cross

full-day trips, little kids just don't have the stamina of adults. Especially in the heat, our little girl gets worn out after a while.

I like to think I'm actually saving people from the possibilities of a moody child throwing a tantrum. Tan-

trums don't happen for us when our tuckered-out little one can take a minute in her stroller and take a break.

My daughter gets plenty of movement and exercise on a day-to-day basis. I don't need to test her endurance on a day at an amusement park.

On the Web

You're definitely the cutest and best dressed wedding date Mommy could ask for, but did you have to cry louder than the maid of honour during her toast to the bride? Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Helping teenagers deal with peer pressure

With the teen years comes more independence — but so much freedom can leave room for students to be pressured into doing what they normally wouldn't.

Dr. Philip R. Herschman, chief clinical officer for CRC Health Group, the largest provider of addiction treatment in the U.S., teaches us how you can help your teen avoid those types of situations.

Start before college

"It all starts before that young adult moves into college. (If) that child is raised with a good value system and has learned how to make decisions through a normal maturation-

al process, good parenting will instill a good value system. A good value system will lead to good decision-making."

Plan for the situation

"I have children, and when they move to a college setting I'll talk to them about it prior to them getting in that setting and say, 'These are the kinds of things that you might be faced with. If you are, how would you respond? Let's think about it now and plan for it so that when it happens, it's much easier to deal with.'"

Have them offer alternatives

"(They can) say, 'It's just not something I want to do, but

I'd love to go to a movie with you later' or 'I'm sorry, drinking is not something I want to do. I'm happy to be your designated driver and go out and have fun with you.'"

Teach them to be firm

"That's why practicing ahead of time is helpful. (Tell them) you've got to be clear. You've got to look somebody in the eye and say, 'No.'"

Discourage judgments

"Don't (have your kids) tell them they're bad for drinking. That will end relationships."

Talk about safe dating

"(A) first date shouldn't be,



A good value system will lead to good decision-making. ISTOCK IMAGES

'Let's meet at his house for dinner' but 'Let's go have dinner in a public place.' You have to know somebody before you put yourself in a situation where it's difficult to exit."

Let go

"At some point, you've got to trust your kids to make the right decisions. You can't sit on their shoulders the whole time." **METRO NEW YORK**

3 LIFE

On the Web



Reasons mommy drinks #72: Weddings. Scan this code or visit metronews.ca/voices to find out why the singles table has its perks.

Kick your side salad up a notch with citrusy kale

Ingredients

- 6-8 handfuls of kale (baby kale that is organic and pre-washed if possible)
- 3/4 cup walnuts
- 2 small oranges sliced

Dressing:

- 1/3 cup sesame or extra-virgin olive oil
- 1/2 cup brown rice vinegar
- 4 tbsp orange (naturally) flavoured Omega 3 fish oil (or hemp or flax oil)
- 1/2 cup fresh mint
- Fresh juice from 1 orange
- 2 tbsp orange rind

As summer comes to a close, families, neighbours and friends will be hosting a lot of get-togethers and feeding the masses. You're bound to see the usual spread of hamburgers, chips and soda pop.

But if you'd like to step it up and mix in an original, healthy and tasty dish that offers your guests a megawatt dose of bio-available minerals, the Canadian Health

Orange Infused Walnut Kale Salad



This recipe makes four servings. NEWS CANADA

Food Association has the recipe to do just that. You can find the ingredients at any natural health retailer, or visit chfa.ca.

1. Place all dressing ingredients into a food processor and blend until the mint is completely chopped up, about 30 seconds. Place

your leafy greens into a large bowl and toss with the dressing. Sprinkle with walnuts and orange slices.

NEWS CANADA

Healthy eating

Choose it and lose it



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rosereisman.com

Sausage vs. hot dog: Street meat is often the go-to choice for those on the run. But they may also be the unhealthiest choice around.

Sausage with fried onions, cheese sauce and peppers

887 calories / 55 g fat

This is one of the unhealthiest foods available — more than half your daily calories in fat and a complete day's worth of salt.



Equivalent

This is equivalent to 42 grilled medium shrimp in calories.



2 hotdogs with mustard, ketchup and relish

388 calories / 22 g fat

I don't like endorsing nitrite and sodium-filled processed meats, but in this case two dogs are better for you than the sausage!



Turn healthy kale into cheesy, crunchy snack

Ingredients

- 1 large bunch fresh kale
- 250 ml (1 cup) walnut pieces
- 125 ml (1/2 cup) shredded extra old cheddar cheese
- 30 ml (2 tbsp) Dijon mustard
- 75 ml (1/3 cup) water

A nutritious alternative, these scrumptious kale chips offer just the right amount of comfort and crunch. The combination of nutrition-packed kale and antioxidant-rich walnuts, spiced up with mustard and aged cheddar cheese make this a great snack that is also good for you.

1. Tear kale leaves into bite-sized pieces and remove ribs. Wash and dry leaves thoroughly and set aside.

2. In a food processor, combine walnuts, cheddar, Dijon and water and pulse into a paste. Transfer paste to a large mixing bowl and add kale leaves, tossing to coat evenly. Remove large clumps from leaves or spread out on leaves. (Do not apply too much walnut mixture on the kale leaves as this will prevent even drying.)

Cheesy Kale Chips



This recipe makes about 6 cups. THE CANADIAN PRESS

3. On parchment-lined baking sheets, place a single layer of kale leaves a finger-width apart. Bake one sheet at a time on the centre oven rack for 15 to 20 minutes until crisp. (Do

not let the chips brown as they will taste bitter.)

4. Chips will keep in airtight container for up to one week. THE CANADIAN PRESS



How does Nathans make tomato soup?

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TRADITION CONTINUES

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You are used to hearing about the good things the Salvation Army does for people. After all, it has been doing it for 130 years. But there is more to the story.

Even if you have never faced serious hardship, the Salvation Army is making your life better. Through its National Recycling Operations (NRO), the Army contributes to green-friendly initiatives that benefit us all.

The NRO runs the familiar Thrift Stores you see in communities across Canada. It takes in donated clothing and other goods, ensuring they reach those who need them.

By doing this, the NRO meets the standard set by Salvation Army founder, Gen. William Booth. Booth's Household Salvage Brigade, begun in Toronto in 1908, was composed of men and women charged with collecting unwanted household items. Their salvage work (nowadays called recycling) led to the creation of the Thrift Stores.

Thanks to these pioneering efforts, the Salvation Army can be considered one of the world's first systematic recyclers of unwanted goods. It's a tradition proudly upheld today.

Modern Thrift Stores continue to be places where practical items can be purchased for affordable prices. As a fundraising division of the Salvation Army, all net proceeds generated by the NRO's stores go to support the Army's social programs, including emergency

YOUR DONATION DESTINATION

Make the Salvation Army your donation destination.

Salvation Army Thrift Stores are in desperate need of gently used items, especially clean, reusable clothing.

Simply fill any bag with items you wish to donate, then drop off the bag at your nearest Salvation Army Thrift Store. The net proceeds go to support vital Salvation Army programs and services in your community.

disaster services and various community and family services.

Like the Brigade before it, the Thrift Store is also a generator of jobs, employing some 370 men and women across the Prairies, along with many volunteers. In 2011, the Salvation Army was named one of the country's most attractive employers by Randstad Canada — an award based on the

opinions of 7,000 independently surveyed job seekers and working people.

And, yes, Thrift Stores are "green," too. Every item a Thrift Store accepts — saleable or not — is one less item that ends up in a landfill.

The NRO's Winnipeg terminal, for example, handles both saleable donated items and the recycling of unsalvageable ones. The 10,950-square-foot terminal is run by 12 people, operating seven trucks. Between them, they identify products for resale and pass along the rest to recycling facilities.

Recent annual totals show that Thrift Stores diverted 12,372,928 pounds of materials from landfills across Western Canada. Coupled with new and aggressive municipal recycling initiatives across Western Canada, this figure is sure to increase dramatically.

To arrange pickup of your gently used items from the Salvation Army, call 1-800-757-4483 (1-800-PLS-GIVE).



BRAND X PICTURES/THINKSTOCK

VICTIMS HAVE A PLACE TO TURN

The Salvation Army provides daily support to those in need, for as long as the need exists. When fires, storms, and man-made disasters take their toll, the Salvation Army is often among the first organizations on-site to help victims.

Last year, when rising floodwaters threatened thousands of Manitobans, the Emergency Disaster Services (EDS) of the Salvation Army was there, providing displaced people with hot soup, sandwiches, coffee, doughnuts, and fresh water. The EDS fed the heart, too: Offering spiritual care and counselling to those who required it.

The work of Salvation Army staff and volunteers during this difficult time reflected the beliefs of the Army's founder, William Booth, who knew that, to improve society, one must first improve its conditions. Manitoba flood victims had a place to turn when they needed it most — and that was what mattered.

To learn more about the Emergency Disaster Services of the Salvation Army, call 204-975-1033 or visit online at salvationarmy.ca/eds/ or salvationarmy.ca/prairie. For information on how and where to donate, please call 1-800-757-4483 or visit thriftstore.ca.

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HELPING ONE PERSON AT A TIME

For 130 years now, the Salvation Army has harnessed the goodwill of thousands of Canadians in its efforts to help the less fortunate — a period of service nearly as old as the country itself.

It all began, officially, in July 1882, with the arrival of Maj. Thomas Moore from the Salvation Army's U.S. headquarters. The following year, Canada was declared an independent "territory," responsible for its own governance within the worldwide organization.

The Salvation Army has helped advance some of Canada's most significant social justice milestones. In 1890,

it opened a prison gate home in Toronto, plus a children's shelter. Eleven years later, the Army's call for a prisoner probation system led the Laurier government to establish Canada's first parole program. In 1908, the organization began its recycling efforts (then called "salvaging"), which led to the creation of modern Thrift Stores.

In 1909, Parliament passed an act giving the organization legal standing, its governance to be conducted by The Governing Council of The Salvation Army in Canada. It is this way still.

Today, the Salvation Army is Can-

ada's largest non-governmental direct provider of social services. It operates in 400 communities across the country, providing food, clothing, shelter, training, and rehabilitation opportunities to those in need. There are now 311 corps (churches) and more than 330 social service institutions of various kinds. The organization also provides emergency disaster services, family tracing services, and palliative care; runs camps for youth; provides resources for young parents; and much more.

Of course, there are the people: 877 active officers (clergy), more than 18,000

soldiers (church members), and nearly 44,000 adherents — people who claim the Army as their church home, but who aren't formal members. Many thousands more Canadians serve as Salvation Army volunteers.

Though the Salvation Army has grown greatly over the last 130 years, it still measures success one person at a time — one volunteer, one donor, one person in need. Each has a role to play, and each matters. This is true today, and it will be true 130 years from now, as well.

The Salvation Army will be there to prove it.



HEMERA/THINKSTOCK

SALVATION ARMY'S GOOD WORK BEGINS WITH YOU

DONORS CONTRIBUTE IN THEIR OWN WAYS

When you donate to a Thrift Store, the proceeds are put directly toward helping people in need. Though you may never meet these people, your generosity has already done them a lot of good. Here's an example.

Not long ago, an apartment complex in the 500 block of Sherbrook Street was consumed by flames. Though the tenants escaped with their lives, they lost almost everything else. The Salvation Army was there to help.

The Salvation Army Emergency Disaster Services' Community Response vehicle arrived on scene soon after the residents exited the building — offering them shelter at the nearest Salvation Army facility; Salvation Army Weetamah.

"We met the evacuees' immediate needs by feeding them soup and hotdogs, as well as pastries, juice, and coffee," says Jeff Hamel, community ministries supervisor. "We sat and talked with them, comforting them as they dealt with feelings of hopelessness and despair."

Through its National Recycling Oper-

ations (NRO), the Army provided clothing, furniture, and mattresses to at least seven of the residents and their families. It has also supplied food and arranged new living spaces for those with nowhere else to go. Its efforts have inspired other members of the Winnipeg community to contribute in their own ways, too.

Winnipeg firefighter Keith Dixon helped fight the Sherbrook Street blaze. He was injured doing so. During his recovery period, he found new ways to help the victims of the fire, using his own connections to help secure items like underwear and personal hygiene supplies.

"Our fire hall is just around the corner from where this fire took place," says Dixon, "Many of these people couldn't even afford insurance for their homes and they lost everything."

"When things happen in our community, we feel it, too."

Thanks to the efforts of the Salvation Army, and many concerned Winnipeggers, the victims of the Sherbrook Street fire are receiving the support they need. But Army staff and volunteers couldn't have done it without the help of donors. Their good work begins with you.



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MAKING A DIFFERENCE

SALVATION ARMY A SOCIAL SERVICE TRAILBLAZER

The Salvation Army always supports the communities in which it operates. Winnipeg is no exception.

THE WEETAMAH CENTRE

An all-ages facility with special programs for inner city youth. The Weetamah Centre meets needs for food, clothing, toiletries, furniture, and other essentials on an emergency basis.

- Budget counselling; assistance with income tax preparation.
- Spiritual counselling.
- Advocacy.
- "Urban Café," where community members gather for food, fun, and fellowship. Evenings begin with a hot meal served by volunteers to approximately 150 community people.

- "Free Giveaway Wednesdays," where visitors receive bread, buns, pastries, kitchen items, clothing, household items, and other goods. Coffee is free.

THE BARBARA MITCHELL FAMILY RESOURCE CENTRE

A place where people affected by low education levels, social isolation, family violence, inadequate employment skills, and low coping skills can learn new skills and restore their self-esteem.

- Gymnasium, well-equipped kitchen, television and video game lounge.
- Programs for adults, children, youths, families, and seniors, including: A pre-employment training program and mentorship for war-affected youth; and assistance and support to expecting par-



ISTOCKPHOTO/THINKSTOCK

ents and those with infants.

- Food bank.
- Youth drop-in program.
- "English Café," where individuals can improve their English and get homework help.
- "Kid's Club," where children can learn to cook, make crafts, and play games. Open three days a week during the summer; Fridays after school during the fall.

THE WINNIPEG BOOTH CENTRE

Located in Winnipeg's downtown core, The Salvation Army Booth Centre Ministries continues a tradition of caring service to individuals and families coping with homelessness, poverty, addiction, and mental illness.

- Short- and long-term accommodations and meals for up to 250 men and women.
- Care for an additional 60 persons offered through SonRise Village Family Shelter.
- Meals: In 2011, more than 350,000 meals were served to those in need (equivalent to 975 meals per day).
- Weekly housekeeping and laundry facilities.

KIDS TO CAMP

During the month of May, Salvation Army Thrift Stores collect donations that go directly towards sending underprovided children to camp.

The Salvation Army sent 33 Winnipeg kids to camp in 2012.

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Mary Brown's CEO Greg Roberts on success, humility and chicken

Path to success.

Entrepreneur accountant explored several avenues of business before sinking his teeth into successful franchise



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Greg Roberts grew up on Triton, a little island off the coast of Newfoundland, but as a young boy he had big dreams.

After graduating with a degree and becoming a chartered accountant, he acquired a gas station and restaurant; then a pharmacy. Two pizza franchises and real estate ventures followed.

But Greg had his eye on the big prize. When the franchise rights for Mary Brown's Famous Chicken and Taters be-

Quoted

"At the time I didn't think it was a gamble because I knew the business and knew it had a lot of potential"

Mary Brown's chairman and CEO Greg Roberts looking back on his acquisition of the profitable food franchise.

came available, he mortgaged everything he had to buy the brand.

"At the time I didn't think it was a gamble because I knew the business and knew it had a lot of potential"

Today, Roberts has close to 100 franchises in Canada, 1,250 employees, a flagship store in South America and hundreds of international franchises in the planning stages.

"All in 14 years. It feels like 40," Roberts says with a laugh.

His advice?
"Work hard. Be candid. Listen to everyone and make the right decisions. At the end of

Five steps

- 1 You need a great idea and an even better plan to make it happen.
- 2 Surround yourself with great people that are as passionate as you and then listen to them.
- 3 Never become arrogant and believe you know it all.
- 4 Get a great education and keep on learning and taking courses.
- 5 Never forget where you're from and never ask someone to do something you wouldn't do yourself.

the day I don't want to be the richest man in the cemetery. I just want to be known as a good person and an even better family man."



Mary Brown's chairman and CEO Greg Roberts mortgaged everything to bet on the chicken franchise's success. ISTOCK

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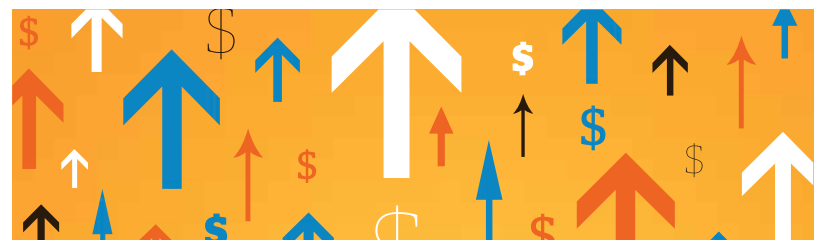
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Riders' rough slide continues against Lions

CFL. B.C. hands Saskatchewan a fourth-straight defeat

Travis Lulay ran for one touchdown, threw for another and handed off for one more as the B.C. Lions beat the Saskatchewan Roughriders 24-5 on Sunday at B.C. Place.

The Lions retained sole possession of first place by posting their third straight win, improving to 5-3. The Riders (3-4) suffered their fourth-straight loss after opening the season with three consecutive wins.

Saskatchewan has not won since beating B.C. in July. Conversely, the Lions have not lost since then.

Arland Bruce and Ernest Jackson scored B.C.'s other touchdowns. The Lions' other points came in the form of converts from kicker Paul McCallum.

Saskatchewan only managed a first-quarter field goal by Sandro DeAngelis, who only made two attempts, and a safety conceded by McCallum in the final minute.

The Lions held their opponent without a touchdown, and under 10 points, for the third straight game. Cauchy Muamba led the way

Sunday's game

24

5

Lions

Roughriders

defensively as he recorded two interceptions.

Lulay completed 22 of 30 passes for 257 yards. Saskatchewan's Darian Durant completed 18 of 27 passes for 170 yards before he was pulled in the fourth quarter. His backup Drew Willy completed all five of his pass attempts, but could not generate any points.

Both Lulay and Durant passed effectively in the first half, but hurt their teams with untimely miscues. Lulay completed 11 of 16 pass in the first 30 minutes for 96 yards while Durant made good on 12 of 18 for 119.

Saskatchewan attempted an onside kick on the opening kick-off, but the move backfired as B.C.'s Jason Arakgi batted the ball out of bounds at midfield. However, the Riders got the ball at the B.C. 42-yard-line when Lulay fumbled on the Lions' first play from scrimmage.

The Riders offence struggled and was hampered by an



Kory Sheets goes flying after being hit by B.C. Lions Adam Bighill, back, and Dante Marsh, not pictured, Sunday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

illegal procedure penalty, but they managed to get three points as Sandro DeAngelis connected on a 36-yarder.

Saskatchewan didn't score

again until with 39 seconds left in the game, McCallum decided to concede the safety rather than punt from the end zone. **THE CANADIAN PRESS**

Baseball

Goldeyes swept aside by Saints

The slumping Winnipeg Goldeyes were swept in their three-game series with the St. Paul Saints after a 5-1 loss at Shaw Park Sunday afternoon in front of 6,876.

The Fish have now lost six of their last seven games and sit only two games up on St. Paul in the American Association's wild-card race.

Winnipeg's lifeless offence scored only three runs in the series, the fewest ever scored in a three-game set in franchise history.

St. Paul got on the scoreboard early when a single by Ole Sheldon in the first inning allowed two Saints batters to get home.

The Saints added another run in the top of the fifth when Willie Cabrera hit a single to bring home Alex Garabedian.

The Fish responded in the bottom of the inning with a single by Price Kendall that brought home Amos Ramon, making the score 3-1.

The Saints added two more runs in the ninth.

The Goldeyes now sit at 48-38. They hit the road for a seven-game road trip starting Tuesday night against the Gary SouthShore RailCats.

DAVE BAXTER/FOR METRO

Federer finely tuned as U.S. Open draws near

Roger Federer finds a lot to like about Cincinnati — the big crowds for his matches, the quiet time away from the court, the way his game seems to come together on the fast, blue courts.

Probably helps that he often takes home the trophy, too.

Make it five for Federer.

The world's top-ranked player won a record fifth Cincinnati title Sunday, dominating second-ranked Novak Djokovic in an unprecedented way at the start of a 6-0, 7-6 (7) win for the Western & Southern Open championship.

The 31-year-old Swiss star has enjoyed many of his one-week visits. None was better than the latest.

"Looking back, it's just unbelievable," Federer said. "This was probably the best week for me here in Cincinnati. I didn't lose a set. This is very sweet, no doubt about it."

Federer heads to the U.S. Open feeling healthy and fine-tuned. He skipped the Rog-



Roger Federer won the Western & Southern Open title Sunday. MATTHEW STOCKMAN/GETTY IMAGES

ers Cup in Toronto last week, giving himself some time to recover from the Olympics in London.

He's also regained the upper hand against one of the players who stands in his way.

Djokovic had put together a run of three straight wins over Federer in tournament semifinals, starting with the U.S.

Women's draw

In the women's final, Li Na (9) defeated Angelique Kerber (5) 1-6, 6-3, 6-1. Li recently lost to Petra Kvitova in the Rogers Cup final but kept up her strong play for her first tournament victory of the season.

Open last year. Federer turned it around by beating the Serb in the semis at Wimbledon last month.

They got together in a finals match for the seventh time in their careers Sunday. They'd split the previous six, with Federer winning the only Grand Slam championship match — the U.S. Open in 2007.

Quickly, the latest one became a bit of personal history. Federer won the first set in only 20 minutes, allowing Djokovic just 10 points. It was the first time in their 28 career matches that one of them took a set 6-0. **THE ASSOCIATED PRESS**



Rangers rout Blue Jays

Henderson Alvarez tosses his glove into the dugout after being pulled in the fifth inning against the Texas Rangers Sunday at Rogers Centre in Toronto. Michael Young homered and drove in five runs and Matt Harrison allowed two hits in eight innings as Texas beat Toronto 11-2.

BRAD WHITE/GETTY IMAGES

Mobile sports



An associate of San Francisco Giants all-star Melky Cabrera purchased a website and attempted to create evidence to support a claim that the outfielder inadvertently took the substance that caused a positive drug test, the New York Daily News reported Sunday. Scan the code for the story.

Horoscopes

Aries

March 21 - April 20

There are general, everyday risks and there are the kind of risks that only an Aries would dare take — and you'll be taking plenty today. A major Sun-Mars link means your luck is about to turn. Enjoy it!

Taurus

April 21 - May 21

The best way to improve your life is to focus your thoughts and feelings on what means most to you in this world. Forget about your ambitions and concentrate on the people who you really, truly, madly love.

Gemini

May 22 - June 21

You have plenty to say for yourself but do other people understand your message? Your task today is to get across your central idea in ways that don't leave those with lesser minds feeling too confused.

Cancer

June 22 - July 23

If you are having second thoughts about a commitment you made then you should be able to wriggle out of it without too much trouble. Don't make a habit of it though or your reputation will suffer.

Leo

July 24 - Aug. 23

The recent new moon in your sign means there is no more confusion: you know exactly what you should be doing and exactly how it must be done. It's Monday and the start of a new week — so get started!

Virgo

Aug. 24 - Sept. 23

Are you at peace with yourself? Even if you are not you will be able to find a special place of inner tranquility over the next few days — the place where nothing and no one can touch you or harm you.

Libra

Sept. 24 - Oct. 23

You have a great deal in common with a certain group of people and if you make the effort to spend time with them there is a lot they can teach you. Share your dream with them too — they'll like it.

Scorpio

Oct. 24 - Nov. 22

You may find it hard to trust someone you work or do business with but what choice do you have? Sometimes even a Scorpio must put their doubts aside and just get on with it. You won't lose out.

Sagittarius

Nov. 23 - Dec. 21

What you hear today may sound too good to be true but you would be wrong to dismiss it out of hand. An excellent Sun-Mars link indicates it's all above board — and very much in your favour.

Capricorn

Dec. 22 - Jan. 20

Step back from what you are working on and look at it from a higher level. What does it mean in the greater scheme of things? If your answer is "nothing" then you should be working on something else.

Aquarius

Jan. 21 - Feb. 19

Resist the temptation to make accusations, because if you start the week with a distrustful attitude it will colour your relationships for the next seven days. No one is trying to cheat you — so don't cheat yourself.

Pisces

Feb. 20 - March 20

Let your mind wander in imaginary realms. You are probably fed up with friends and colleagues and loved ones telling you to get your head out of the clouds but that's the best place for it today. Dream on. **SALLY BROMPTON**

Crossword: The East, Musicians, Water, and a Capital

BY MICHAEL WIESENBERG

Across

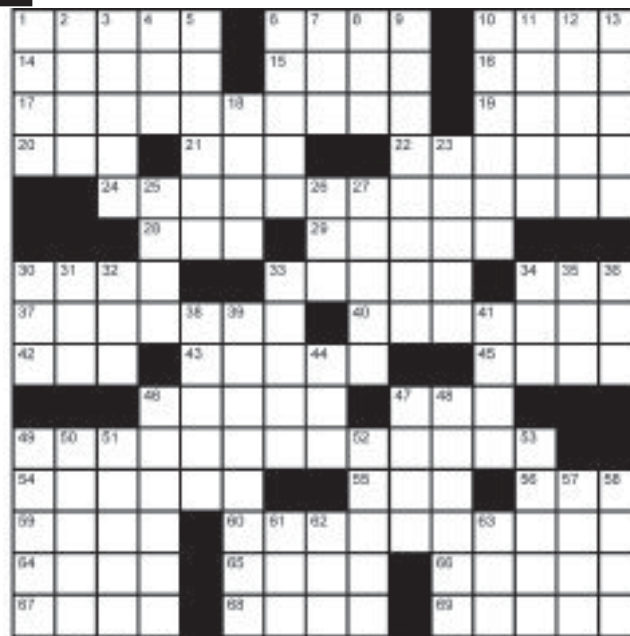
1. "___ you knockin', but you can't come in" (2 wds.)
6. Colorless
10. Big name in moisturizing products
14. Become aware of
15. Copied
16. TV host Letterman
17. Canada is gateway to this eastern area of expanding importance (2 wds.)
19. Cinnabar and hematite
20. Secret agent
21. "___ Mine": Beatles song written by George Harrison (2 wds.)
22. Hors d'___: appetizer
24. Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits plus white running shoes (2 wds.)
28. Smallville villain Luthor
29. Silences, as a TV
30. Canadian force
33. Croc's cousin
34. And so on
37. Northwest ___: Canadian sea route only recently open to regular marine shipping
40. Canada's most populous province
42. Star of The A-Team (2 wds.)
43. Guitar relatives with pear-shaped bodies
45. Agency employee, informally
46. "___ evil, speak ..."

(2 wds.)

47. Green machine
49. Largest tributary of BC's Fraser (2 wds.)
54. Actress Bernhardt and singer Vaughan
55. Personals
56. Consume
59. Extra: abbr.
60. YT capital
64. Cinema spool
65. Rabbit
66. Worth something (2 wds.)
67. Georgia and Belarus, once: initialism
68. Versified tributes
69. Needs

Down

1. AOL and Comcast
2. Pile
3. Britannica, for one: abbr.
4. "Do ___ say!" (2 wds.)
5. Free from impurities
6. Measured on foot, with "off"
7. Spring mo.
8. Hawaiian garland
9. Alberta's second-largest city
10. Smells
11. Cocoon spinner
12. Asserts
13. Agreements
18. Canada's "Think Big" company
23. TV movie critic Roger
25. European mountains
26. Beatles hit "___ Loser" (2 wds.)
27. Cars
30. Tach reading



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31. Windsor product
32. 9-Down time
33. "I Can't ___ Satisfaction" (2 wds.)
34. Before: poetic
35. ___ Horton's
36. 30-Across member
38. First Hebrew alphabet letter
39. Winnipeg's "American Woman" band (2 wds.)
41. "Look ___ when I'm

- talking to you" (2 wds.)
44. Very long time, as spelled south of the border
46. Some 58-Down sizes
47. Assistant
48. Network offering (2 wds.)
49. Their rule ended in 1917
50. Hell
51. TV's Law & ___

52. Amounts charged
53. TV's summer fare
57. 47-Down: abbr.
58. Casual shirts
61. Owned
62. Displeasure
63. Birds ___ feather (2 wds.)

Friday's crossword



What's online

See today's answers at metronews.ca/answers.

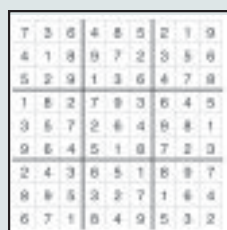


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Weather

MONDAY



MAX: 25°
MIN: 9°

TUESDAY



MAX: 29°
MIN: 13°

WEDNESDAY



MAX: 28°
MIN: 16°



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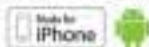


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